



Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL FEBRUARY 2025 SCHEDULE:

Monday 02/03	Tuesday 02/04	Wednesday 02/05 <i>In-House Day</i>	Thursday 02/06 Snack Provided	Friday 02/07
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
<i>RRCS</i> Bowling Game at Stardust Alley Groundhog Activity	Go Fish Game Pets Craft Pets Store 	<i>Chinese New Year</i> “Turning Red” Movie Dragon Craft Chinese Chess Game	<i>RRFV/RRGE</i> Superbowl Party Football Game Appetizer Treat 	Michael’s Store Melting Crayon Project Wheel of Fortune
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill	Travel Back to Fort Hill	Cool Down Exercises	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home

Please call and/or email any absences to your head instructor before the program begins at 9:00 am. The best time to call is between 8:30 am and 9:00 am. Email: recandrollfh@wdsra.com; Phone: [630.995.8944](tel:630.995.8944). Bring a non-perishable lunch unless otherwise noted.

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Monday 02/10	Tuesday 02/11	Wednesday 02/12	Thursday 02/13	Friday 02/14
In-House Field Trip		Snack Provided In-House Field Trip		Lunch Provided
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
Homemade Scrub Yoga Exercise Meditation Time 	At Home Store Woodworking Project Board Games	^{FVSRA} Valentine's Day Party Games & Crafts Heart Treat <i>Optional: Wear Valentine's Attire</i> 	St. Charles Museum Explore Local History The Curious Fox Gift Shop	^{ALL SITES} Valentine's Day Dance Games, Crafts & Lunch 
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Cool Down Exercises	Travel Back to Fort Hill	Cool Down Exercises	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

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REC & ROLL FORT HILL FEBRUARY 2025 SCHEDULE:

Monday 02/17	Tuesday 02/18 <i>In-House Day</i>	Wednesday 02/19	Thursday 02/20	Friday 02/21 <i>Lunch Provided</i>
<p>NO PROGRAM</p> <p>PRESIDENT'S DAY</p> 	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
	Music Therapy Virtual White House Tour Money Activities	Dollar Store Flower Arrangements Decorate Pots 	Oswego Library Storytime Bookmark Craft	Jewel-Osco Prep & Cook Lunch Tenders/Tots Coaster Tile Project
	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
	Cool Down Exercises Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities es	Travel Back to Fort Hill Afternoon Activities
	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home
	REGISTRATION STARTS TODAY FOR 2025/2026 SEASON CLOSES ON 2/24 CONFIRMATION ON 3/7			

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Monday 02/24	Tuesday 02/25 Lunch Provided	Wednesday 02/26	Thursday 02/27 Snack Provided	Friday 02/28 In-House Field Trip
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
<i>RRWTN</i> Tae Kwon Do w/ Master Frank Fun Winter Activity	Cabela's Store Red Robin Bird Craft 	Enchanted Castle Yorktown Mall Walk/Lunch <i>Optional: Bring \$\$ for Lunch</i>	Trip to Movies Paddington in Peru Popcorn Treat 	<i>RRFV</i> POUND Cardio Fitness Class Fun Winter Activity
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Cool Down Exercises
Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

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